



## Profiles in Wellness



### Bill Dukes

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I will celebrate my 63<sup>rd</sup> birthday on December 12<sup>th</sup> during the WHCoA, and I plan to celebrate many more! I can say this with confidence because of the positive lifestyle changes I have made.

Today I am healthy; I exercise regularly, am active in my business, and enjoy flying my plane.

At 55 years old I was 30 pounds overweight, lazy, stressed out and worried about having a heart attack.

I had a 'wake up call'. My dad was 81, active, full of energy, driving, traveling, and working in his spare time.

I realized that I could enjoy another 30 years of good life if I made changes in my lifestyle.

I joined a gym and worked with a personal trainer. I was embarrassed that I had difficulty lifting weights, doing pushups and running. My trainer, however, encouraged me. I lost 30 pounds and now I lift weights regularly, do pushups and run 10 miles per week.

My dad is now 89. His health, mental alertness and longevity inspired me to change my old lifestyle and he continues to be an inspiration as I enjoy the benefits of my new lifestyle.